

C4 Longhorns Elite Cheerleading Try Outs

Join our Family...13 Seasons Strong!

May 16th, 2020

12 and under 9am-11am

13 and up 12pm-2pm

(we will assign you a number upon arrival and text or call when it is your athletes turn to tryout, feel free to bring your packet in early and you will be among the first to tryout)

We Offer.....

Sibling Tuition Discount	Fundraising Opportunities
Super Senior Discount	Unlimited Tumble Option
All-Star Only Stunt Class	Team Tumbling

185 Cadillac Pkwy
Dallas, Ga 30157
770-790-8660

Email C4cheerleading@gmail.com for questions.

**C4 Longhorns All-Star Cheerleading
2020-2021 Try-Out Form**

Athlete Full Name:_____

DOB:_____ **Current Age:**_____

School:_____ **Cheer school comp?**_____ **Sideline?**_____

Years of All-Star Experience:_____ **Shirt Size:**_____ **Short Size:**_____

Mother Name:_____

Phone #:_____ **Email:**_____

Address:_____

City:_____ **State:**_____ **Zip:**_____

Father Name:_____

Phone #:_____ **Email:**_____

**Emergency Contact
Name:**_____

Phone#:_____ **Relation:**_____

Would you be interested in double Teaming?:_____

Circle the level/levels you are interested in trying out for (this does not guarantee a level):

Level 1

Level 2

Level 3

Level 4

Level 5

Medical Conditions:_____

C4 LONGHORNS

2020-2021

Welcome to the C4 Longhorns All-Star Cheerleading Program!

C4 offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of our professionally trained coaches. While enjoying the sport of all-star cheer we emphasize the importance of safety, conditioning, tumbling, stunting and respect. We strive to be a close family and supportive program that allows the coaches, athletes and parents to work together.

Program Fees

Assessment Fee: Current All-Star athletes: \$50 assessment fee, will be applied as a credit to your account if we receive completed packet by May 10th. New athletes: \$50 assessment fee, completed packets turned in by May 10th will receive a \$25 credit applied to your account. On the day of tryouts the fee is \$50.

Private/early/late assessment will be \$50. Please wear a white shirt, black shorts, hair pulled up, and cheer/athletic shoes to tryouts. No jewelry!

Estimate Tuition/All-Star Fees:

Tuition payments of \$150 will be collected on the 1st of each month June 2020-April 2021. If you would like to add the unlimited tumble option the fee is an additional \$35 each month (\$185). All-Star payments of \$225 will be due on the 15th of each month May 2020-February 2021. These fees include: choreography, music, competition fees, coaches fees and t-shirt. The first payment of \$225 is due week of May 18th @ first practice.....NO EXCEPTIONS! Athletes cannot participate without making 1st payment and turning in completed packet.

Additional Fees:

Uniform: \$375	Bow: \$30
Warm-Ups: \$75	Practice Wear: \$20-\$50 (optional)
Shoes: \$100-120	USASF: \$30

Returning athletes may not need a new uniform. New athletes may be able to purchase a used uniform. All accounts must be current to try-out. Accounts must remain current to take privates and extra classes. There will be no refunds if an athlete quits or is asked to leave the program.

Assessments/Teams

Skills assessments, aka “try-outs”, are not meant to be stressful. They are meant for athletes to demonstrate skills they have already developed and to see the potential to learn new skills. Athletes are given more than one opportunity to demonstrate a skill in most cases. After assessments, coaches then put together teams/rosters for the season, team selections are based on age, skill level, and skill potential to give the teams the best chance for a successful season. While we try to place every athlete on a team we cannot guarantee placement. In the event that your athlete is not placed on a team, we will refund your try-out fee. Team placements will be emailed out on Sunday, May 17th.

C4 Cheerleading Rules & Regulations

General

- Only registered athletes are allowed in the gym. NO parents!
- The C4 Longhorns name and logo are copyrighted (please do not ask me to use it for anything) Any privately created items cannot be sold or worn.
- No food, gum, or candy in the gym. Drinks are to be kept in designated areas (this will be enforced and food found will be thrown away).
- Cell phones are to remain on silent and put away during practice. Water breaks are not for phone usage. We will collect phones and store them in the office if they are a distraction.
- Tumble/stunt classes must be taken at C4 only. Exceptions must be approved by Tommy Lane.
- Do not wear another gyms apparel (school cheer apparel is fine).

Teams

C4 retains the right to:

- Place its athletes on the team(s) it feels will best suit the athlete and program.
- Decide if an athlete will double team.
- Decide the role or position an athlete will have on their team (base, flyer, etc.).
- Request that an athlete take additional classes to improve their skills.
- Add or change practices any time during the season.
- Close practice to parents (Sunday practice is always closed).
- Move, replace, add, suspend, or dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: attendance, conduct, skill, unpaid balances (tuition/fees), parent conflict, athlete to athlete conflict, athlete to coach conflict.
- Athletes selected to double team must be in good financial standing, be willing to fulfill ALL the responsibilities required by each team, and be responsible for any additional entry fees they incur beyond their first team.
- It is the parents responsibility to know what is going on with their athlete's team. GroupMe is our main method of communication.

Attendance (ALL athletes MUST):

- Make C4 a priority over other extracurricular activities.
- Attend and be prepared to participate in all C4 activities.
- Notify C4 immediately when an injury does occur (we do NOT want to find out about an injury on social media).
- Arrive on time for practice.
- Notify in writing any expected tardiness or absence.
- Vacations should be scheduled during summer or when we are on break (we follow the Paulding School calendar). Vacation forms will be available (must be turned in by June 1st).
- Homework is not an acceptable excuse for missing practice. Missing practice for a school function that is for a grade is excused. We may require proof.
- We will condition all athletes for missing practice regardless of the reason.
- If your athlete is injured we must have a doctor's note detailing injury and length of recovery.
- Absences are not permitted the week prior to a competition, if an athlete is absent they will not compete.*REFER TO THE ATTACHED ATTENDANCE POLICY FOR MORE DETAILS.*

_____Initial

DRESS CODE

When training, competing, or representing C4, all athletes must:

- Maintain a well-groomed appearance and good personal hygiene.
- Wear designated attire/practice wear.
- Keep hair out of face; long hair must be secured.
- Nails must be kept short.
- Remove ALL jewelry
- No inappropriately dyed hair or hairstyles.
- Cheer shoes must be worn to all practices. Bare feet/socks not allowed.

Sportsmanship/Conduct

- Set a positive example for others to follow.
- Be respectful to everyone. Teammates are expected to treat each other with respect.
- Refrain from gossiping, this includes social media! Any form of verbal or physical confrontation with coaches/athletes/other parents will not be tolerated and will result in dismissal from the program. We will not tolerate profanity or abusive language in the gym or at competitions, this is grounds for being dismissed from the program. If heard by a competition official you could get the entire program disqualified. We will not tolerate pettiness, bullying, or cliques
- Refrain from celebrating the misfortune or defeat of another person, team, or program.
- Accept team placements and awards with dignity and class.
- Many athletes have social media accounts (Facebook, Instagram, Snap Chat, etc.) and communicate with other cheerleaders using these. Please remember that anything you post is a direct reflection on this organization.
- If you are caught sending rude or inappropriate messages via text/email or any form of social media, you will be subject to removal.

A problem between an athlete and staff member/coach will first be addressed between athlete and coach. If not solved, a parent will be notified of the problem or infraction of the rules and will be expected to assist the staff member/coach in solving the problem. We will handle any disciplinary problems privately and professionally.

Health/Injuries

All athletes must:

- Provide C4 with current health insurance and emergency contact information.
- Inform C4 of all medical conditions that may limit or prevent the athlete's ability to participate.
- Notify C4 immediately of any injuries. We do not want to find out about an injury on social media or from another athlete.
- Provide valid written documentation from a doctor explaining the reason and duration for which they may be limited or unable to participate.

Travel/Competitions

All Athletes and their families must:

- Read all emails concerning competition dates, venues and itineraries.
- Comply with "stay to play" events.
- Book travel by designated dates.
- Arrive to the competition by the designated time and check in with team mom.
- Adhere to the schedule and abide by the rules set forth by C4.

_____Initial

Financial Obligations

Before considering this program please consider the financial commitment.

Tuition payments of \$150 will be collected on the 1st of each month June 2020-April 2021. If you would like to add the unlimited tumble option, the fee is an additional \$35 each month (\$185). The unlimited option is **TUMBLE ONLY** and does not include stunt classes. All-Star payments of \$225 will be due on the 15th of each month May 2020-February 2021. These fees include: choreography, music, competition fees, coaches fees, and t-shirt. The first payment of \$225 is due at first practice, week of May 18th.....**NO EXCEPTIONS!** Athletes cannot participate without making 1st payment and turning in completed packet. If your athlete is a flyer and asked to take our “All-Star ONLY” stunt classes there will be an additional charge for that class this season.

Additional Fees:

Uniform: \$375	Bow: \$30
Warm-Ups: \$75	Practice Wear: \$20-\$50 (optional)
Shoes: \$100-120	USASF: \$30

Returning athletes may not need a new uniform. New athletes may be able to purchase a used uniform. If you purchased a warm-up jacket already that cost will be lower.

Payments will be made via electronic debit, if you do not want your payment processed this way then payment must be received before the 1st and the 15th each month. You will be required to keep a card on file. Everyone will need to register for parent portal via our website. A \$20 late fee will be assessed for payments not received by the end of the month they are due. A \$30 fee will be assessed for returned checks. Unpaid tuition/all-star fees will result in an athlete sitting out of practice. We will not notify you of this in advance. C4 reserves the right to withhold items or deny participation for failure to comply with financial obligations. Accounts must be current to take private lessons. We will turn over any delinquent accounts to a collection agency. If an athlete quits or is dismissed from the program no refunds will be given.

I have read and fully understand my financial commitment to the C4 All-Stars that is outlined in this handbook. I understand that my commitment is for the 2020 – 2021 C4 All-Star Season. I understand that I am required to provide my credit/debit card for automatic team fund payments, as well as, monthly tuition payments. I also understand that if I do not meet my monthly payment deadlines to C4 All-Stars, team fund payments or monthly tuition payments, late fees will be billed on the account. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the C4 All-Star program entirely. Furthermore, I understand that I am entering into C4 All-Stars of my own free will.

Parent Signature

Date

Attendance Policy

I. Excused Absences:

- a. Fever or vomiting or ailment that is contagious. (ex. Pink eye). If the athlete is sick and misses practice the week before an event it is up to the discretion of the C4 staff to determine if they are able to go back into the routine for the upcoming event. The determination will be based on the illness/ailment and the amount of practices missed prior to the event. It is our primary goal that ALL athletes are healthy and safe. If the health or safety of athlete's become a concern, a meeting with C4 staff and parents will take place.
- b. Mandatory graded school event. Accompanied by documentation.
- c. Death in the family

II. Unexcused Absences:

- a. Tests or too much homework
- b. Menstrual cramps or symptoms
- c. Headache
- d. Ride/Carpool situations
- e. Ungraded school event
- f. Birthday party, concert, sporting events, etc.
- g. Anything not listed under excused absences

III. Injured Athletes:

- a. Injured athletes are still required to attend all practices. Absences will be recorded for injured athletes and consequences will be in effect once the athlete is released from the doctor.
- b. All injuries must be accompanied by a note from the doctor stating the extent of the injury and how long the athlete is expected to refrain from physical activity.

IV. Consequences:

- a. The first unexcused absence will result in running 100 walls.
- b. The second unexcused absence will result in running 250 walls. Walls are to be ran after practice so as not to disrupt more practice time.
- c. The third unexcused absence will result in athlete sitting the first competition. They will still be required to attend fully dressed.
- d. If an unexcused absence occurs on a competition week the athlete will not compete at the next event.
- e. If an athlete is tardy for any reason they will run 1 wall for every minute they are late.
- f. If truancy becomes an issue with any athlete, it is up to the discretion of C4 to remove them from the program at any time. No money will be refunded for any athlete if they are taken off their team for breaking the attendance policy.

V. Picking up Athletes

- a. Athletes must be picked up from practice no later than 15 minutes after practice ends. The gym closes at 9pm!
- b. Continuous late pick up (after 9:15pm) will result in a \$25 fine each night a parent is late picking up their athlete from practice.

VI. Protocol for absences

- a. No matter the reason for the athlete absence or if an athlete is running late, parents must contact their team mom prior to practice time with an explanation for the absence.
- b. Parents do not enter the gym for any reason. If there is an issue please see the front office.

Parent signature_____Date_____

Athlete signature_____Date_____

1. MEDICAL AUTHORIZATION AND LIABILITY RELEASE

EMERGENCY PROCEDURES: For minor injuries it is C4 Cheerleading policy to call the parent/guardian listed above, inform them, and follow their directions. In the rare case of a more serious injury, C4 Cheerleading policy is to first call 911, then call the parent/guardian listed above.

EMERGENCY TREATMENT PRE-AUTHORIZATION: I authorize C4 Cheerleading and its staff and/or representatives to consent to medical treatment for my child when I cannot be reached to so consent. I also give C4 Cheerleading permission to administer the necessary emergency care to my child to stabilize and/or improve the current injury or condition that my child may have sustained during activities related to C4 Cheerleading instruction, practices, or performances.

MINOR INJURIES / OTC MEDICATION: C4 Cheerleading will provide bandages for minor scraps & cuts. We will ONLY provide Tylenol/Advil with parent/guardian verbal consent (in person or over the phone). We do not provide or administer any other medications.

SAFETY PROCEDURES / LIABILITY RELEASE: I am fully aware that any activity involving motion, height, athletic activity, and/or gymnastic equipment (ie Tumbl-Trak®, trampoline, etc) creates the possibility of serious injury, and I further agree to hold C4 Cheerleading and its staff and officers harmless for any injury or resulting expenses. I release and discharge all rights and claims against C4 Cheerleading and its principals, parties and representatives.

COMPETITION WAIVERS: Competition companies require waivers to be signed by parents/guardians prior to each competition. I authorize C4 Cheerleading and/or its representatives to sign competition waivers on my behalf so that my child may participate in each competition he/she attends. I release and discharge all rights and claims against C4 Cheerleading and its principals, parties and representatives for any injury resulting from my child's participation in competitions.

Parents please sign by writing your full name here to indicate that you have read, understand and accept this Authorization and Waiver:

Print Athlete's Name

Date

Parent/Guardian Signature

I, on my own behalf and on the behalf of the Participant, despite all reasonable precautions implemented for safety, am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses associated with the use of C4 Cheerleading premises and facilities and the participation in the programs, practices, lessons, classes, competitions and other activities organized and/or offered by C4 Cheerleading. I, in my own behalf and on the behalf of the Participant, knowingly and willingly assume such risks.

I, hereby for myself and the Participant, our heirs, executors and administrators, do waive and release any and all rights and claims for damages C4 Cheerleading and its owners, coaches, trainers or any member of its staff ("Releases") from personal injury or accident of any sort of any sort of nature suffered by me, the undersigned, by reason of participation or membership in the programs, lessons, classes, competitions and other activities C4 Cheerleading.

I, on my own behalf and on the behalf of the Participant, hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the Releases from any and all liability claims, demands, losses, damages on my account including as a result of negligence.

I, on my own behalf and on the behalf of the Participant, further agree that if despite this release, I make a claim against any of the Releases, I will indemnify, save, and hold harmless the Releases from any litigation expenses, attorney's fees, loss liability, damage or cost any may incur as the result of such claim.

I, on my own behalf and on the behalf of the Participant, hereby authorize C4 Cheerleading and owners, coaches, trainers or any other member of its staff to obtain emergency medical treatment from any physician, hospital or any other qualified medical person or facility as needed in the event of an accident or injury. I, on my own behalf and on the behalf of the Participant, also agree to be responsible for any and all costs of any such medical treatment.

I, on my own behalf and on the behalf of the Participant, hereby give permission for my picture or image to be used, at no cost, in any or all future advertisements, displays, web sites, marketing material, promotional videos and any documentation as directed by C4 Cheerleading for the purpose of promoting its business.

I certify that I am the parent and/or legal guardian of the Participant. I, on my own behalf and on the behalf of the Participant, hereby warrant that I have read this document in its entirety and fully understand and agree to its contents. I, on my own behalf and on the behalf of the Participant, am aware that this Liability and Waiver Release releases the Releases from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, on my own behalf and on the behalf of the Participant, have signed this document voluntarily of my own free will.

Please sign below to indicate that you have read, understand and accept these terms:

Print Athlete's Name

Date

Parent/Guardian Signature

PAYMENT AUTHORIZATION

Athlete's Name: _____

Team: _____

Card Holder: _____

Phone Number: _____

Email: _____

Credit Card Authorization

I hereby authorize C4 Longhorns to charge my credit card for monthly tuition, competition fees, and any other expenses previously disclosed to me for the purpose of my child's All-Star Cheerleading.

Signature of Card Holder: _____ Date: _____

Name on Card: _____

Card Number: _____

Visa

Master Card

American Express

Discover

Expiration Date: _____ Security Code: _____

Billing Address: _____

City/State/Zip: _____